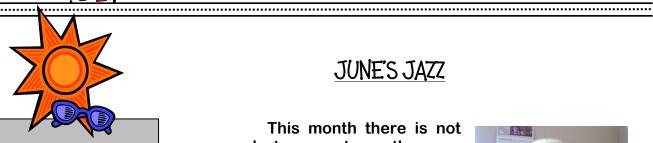
Mallas Area Seniors News

955 SE Jefferson St.

503-623-8554



In this Issue:

- ► All the latest jazz from June
- ► Living Healthy With Diabetes
- ► Summary of our July trip
- ► Our upcoming trip to Fort Hoskins
- ► Painting Classes
- ► Evening Activities
- ► New Rental Policy
- ▶and more...

DiD You Know?

These are the topics covered in / iving Healthy With Diabetes:

- ♥ Monitoring blood glucose
- ♥ Medication "how-to's"
- ♥ Preventing complications
- ♥ Setting weekly goals
- ♥ —ffective problem-solving
- ♥ Retter communication with

your health care team

- ♥ How to relax En reduce stress
- ♥ Handling difficult emotions
- ♥ Tips for healthy eating and staying fit

JUNE'S JAZZ

This month there is not much to report on the new Senior Center. Rita Grady and her staff have been busy preparing the necessary forms to submit to the City Council for approval and then on to Salem. We are definitely moving forward.



What a great summer we have had, maybe a little hot for some. Great for going on the trips you have planned or enjoying the guest that has been visiting.

We will be starting a new workshop called Living Healthy with Diabetes. There is no cost. There will be a sign up sheet on the bulletin board. For more details on the workshop and what it will cover. see the article below and the box to the left.

We look forward to seeing you at the potluck.

LIVING HEALTHY WITH DIABETES

Living Healthy with Diabetes is a six-week workshop to teach skills to living healthy for people with diabetes or who are living with someone who has diabetes, pre-diabetes, metabolic syndrome, or chronic conditions such as heart failure, arthritis, and other ongoing health concerns.

Classes are fun and interactive. Come share your experiences. It will meet on Mondays from 9:30 to 12:30. Classes start on August 12th, and continue on the 19th and 26th. September dates are the 9th, 16th and 23rd.

This free workshop was developed and tested by Stanford University, is sponsored by WVP Health Authority and is taught by trained professionals.

After our diabetes class ends, WVP Health Authority will be offering a 12-week

TAI CHI

class based on a program to improve balance, prevent falls and strengthen your core. We will all be looking forward to both upcoming classes.

Dallas Area Seniors

Officers:

President June Krause
Vice President Jerry Piering
Secretary Ellen Shaw
Treasurer Judy Reid

Board Members:

Verlyn Ebert Anona Hamilton Fred Hardin Cecil Maginn Sharon Martin Blanche Pryor Helvi Ross

Due to our diabetes class, there will be NO Monday Morning Movie in August or September. If we get enough interest, perhaps we can schedule an evening movie.

PAINTING CLASS By Norma Hasting

The number of those taking the painting class is down this session due to injuries, sunshine, gardening, and I am sure many other summer activities. Those of us who can make it are going on though, with much success.

If you have been interested in the class, but have not yet joined, it could be a good time to get started. We are still trying to find the perfect time for the on-site painting class. So be looking for a phone call to let you know when and where the class will be held.

For details about the classes call Norma at 503-623-7019.

TRAVELOGUE By Helvi Ross JULY TRIP to the Coast

We couldn't have asked for a prettier day than the one we had when we went to Lincoln City for our July trip. Our first stop was at Chinook Winds for lunch. Some chose the buffet, others the deli, and others the steakhouse restaurant with the huge windows overlooking the ocean. There was even some time for those who wanted to gamble. Nona Lambert told me she came out ahead. I donated to them.

From there we went to the Connie Hansen Garden. It is a small garden - so peaceful and serene. We walked the many paths, enjoyed the scenery and gentle breeze, and took some pictures.

Our next stop was at the Lincoln City Senior Center. We enjoyed visiting with the folks there. Helvi Ross challenged Cecil Maginn to a game of pool. Even though Helvi sunk the first ball, Cecil won the game.

Our last stop was at Alder House Glass Blowing where we watched fascinated, as our host, Kyle, made two pieces. He kept up a running commentary, explaining each step as he went along. He is truly a craftsman.

Then we all had a pleasant journey back home - no road construction!! We thank Cecil for taking us to our destination and back home again - safe and sound.

If you have any ideas about a trip, write it up and leave the info at the center. Nona and I will look it over and see what we can come up with. We are always looking for suggestions. Helvi



Kyle in action.



Kyle was our host at Alder House Glass Blowing.

YOUR ATTENTION PLEASE:

We have been in our present location since 1989. Our August potluck will celebrate our anniversary and the chicken will be supplied.

**ATTACHED IS OUR
NEW BOARD POLICY
REGARDING RENTAL OF
THE SENIOR CENTER.

Upcoming--AUGUST TRIP to Fort Hoskins

Our August trip will be our annual picnic. We will be going to Ft. Hoskins Park again this year on Thursday, August 15th. The bus will leave the church parking lot at 11:00 AM. The bus fare and lunch will be \$10 total. \$5 for the bus; \$5 for lunch. Please pay when you sign up. Thanks. Wear casual clothes. Walt Hildebrand told me we will be playing beanbag baseball again this year. I will have two sign-up sheets on the bulletin board, one for those riding the bus, and a second one for those who will be taking a private vehicle. Please be sure to sign up on one or the other. We need a head count so we know how much lunch to prepare. We had beautiful weather last year for our picnic. Let's keep our fingers crossed that we will have the same this year. See you on the 15th.

EVENING ACTIVITIES (Cecil & Norma)

Karaoke seems to be a favorite. Karaoke sounds better each time we get together, as we are getting some of the kinks worked out. People are less shy of the P.A. system and more willing to sing. We all have so much fun, it's much better than singing in the shower. There are new people joining us most every time we come together. We have started doing some solos, duets and trios, adding harmony, etc. Be sure to come out and join the fun.

Dancing, well, what a kick! We do go out after all to have FUN. We are very good at that. There is a lot of good-natured banter on the bus as we make our way to and from, and a feeling of friendship well spent. We are still looking for more men to dance with. Be sure to join us for a good time at this event.

The dances at the Dallas Senior Center are on the second and fourth Fridays of the month. The dances at the Keizer/Salem Senior Center are on the first and third Saturdays of the month. Contact Cecil or Norma to reserve seats on the bus.

DALLAS SENIOR CENTER

955 SE Jefferson Street

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Note: Due to diabetes classes there will be no August or September movie.			9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge	2 10:00 a.m. Activity Meeting 12:30 p.m. Pinochle	3
4	1:00 p.m. Table Games	6 9:00 a.m. Arthritis Exercises 10:00 a.m. DAS BOARD MEETING 10:00 a.m. Hearing Aid Service NOON - 3:00 p.m. CRAFTS	7 10:00 a.m. Wii Bowling 1:00 p.m. Pinochle & Mah Jong	9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge	9 10:30 a.m. Spirit Mountain Casino 12:30 p.m. Pinochle 6-8 PM DANCE	10 11:30 a.m. General Meeting 12:00 Potluck White Elephant B-I-N-G-O follows
11	12 Living Healthy w/Diabetes 9:30-12:30 1:00 p.m. Table Games Duplicate Bridge 6-8 PM Karaoke Night	9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco	9:00-12:30 Oil Painting 1:00 p.m. Pinochle & Mah Jong	9:00 a.m. Arthritis Exercises TRIP TO FORT HOSKINS 1:00 p.m. Bridge	12:30 p.m. Pinochle	Medicare Health Plans presented by United Healthcare 11AM
18	19 Living Healthy w/Diabetes 9:30-12:30 1:00 p.m. Table Games	9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 10:00 - 3:00 p.m. CRAFTS	21 10:00 a.m. Wii Bowling 1:00 p.m. Pinochle & Mah Jong	9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge	12:30 p.m. Pinochle 6-8 PM DANCE	24
25	26 Living Healthy w/Diabetes 9:30-12:30 1:00 p.m. Table Games Duplicate Bridge 6-8 PM Karaoke Night	9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco	9:00-12:30 Oil Painting 1:00 p.m. Pinochle & Mah Jong	9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge	30 12:30 p.m. Pinochle	31
September 1	2 LABOR DAY Senior Center is CLOSED	3 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 10:00 - 3:00 p.m. CRAFTS	4 10:00 a.m. Wii Bowling 1:00 p.m. Pinochle & Mah Jong	9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge	6 10:00 a.m. Activity Meeting 12:30 p.m. Pinochle	7